



WHATSheATE



Minted Mashed Potatoes and Peas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

Ingredients



4 servings kosher salt



1 bunch mint leaves



1 peas english



2 tablespoon butter unsalted cut into small pieces



4 servings pepper white to taste



5 cup milk whole

Equipment



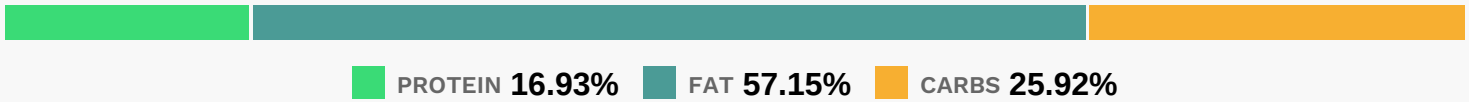
bowl

- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Place potatoes, milk, salt, and all but a few sprigs of mint into medium stockpot. Bring to a boil over high heat, then reduce to medium high. Gently boil, stirring occasionally, until potatoes are tender and pierce easily with a knife, about 15 minutes. While potatoes are cooking, blanch peas in salted boiling water until tender in a small saucepan, then submerge in ice bath to preserve color.
- ☐ Drain peas and set aside.
- ☐ Remove potatoes from heat, discard the mint sprigs, and drain in a colander, reserving about 2 cups of milk.
- ☐ Place about 75% of the peas in a blender, top with half of reserved milk (about 1 cup) and blend until smooth. Working quickly, pass potatoes through food mill into large bowl.
- ☐ Add butter, pea puree, and about half of the remaining cup of milk, and mix thoroughly to combine.
- ☐ Add more milk if needed to achieve desired consistency, and season with salt and pepper to taste. Pick off the reserved mint leaves, and slice into thin ribbons (chiffonade). Gently fold in remaining peas and the mint ribbons into the mashed potatoes, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:5.42, Inflammation Score:-5, Nutrition Score:10.909130446289%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 240.01kcal (12%), Fat: 15.49g (23.83%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 15.19g (5.52%), Sugar: 14.69g (16.32%), Cholesterol: 51.65mg (17.22%), Sodium: 310.88mg (13.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.65%), Calcium: 384.74mg (38.47%), Phosphorus: 314.25mg (31.42%), Vitamin B12: 1.66µg (27.65%), Vitamin B2: 0.43mg (25.22%), Vitamin D: 3.46µg (23.07%), Vitamin A: 713.42IU (14.27%), Potassium: 466.98mg (13.34%), Vitamin B1: 0.17mg (11.54%), Vitamin B5: 1.15mg (11.49%), Magnesium: 39.43mg (9.86%), Vitamin B6: 0.19mg (9.5%), Zinc: 1.29mg (8.63%), Selenium: 5.93µg (8.47%), Manganese: 0.11mg (5.59%), Fiber: 0.62g (2.47%), Vitamin E: 0.32mg (2.1%), Iron: 0.34mg (1.91%), Vitamin B3: 0.35mg (1.75%), Vitamin K: 1.47µg (1.4%), Copper: 0.03mg (1.31%), Vitamin C: 0.84mg (1.02%)